

**BREAKFAST** until 2.00 pm

- CHILLI SCRAMBLED EGGS** GF / DF / SF 19.9  
choice of bacon or salmon served with fried shallots, harissa, marinated feta, chilli and pesto on toasted sourdough
- PEA & CORN FRITTERS** V / VE / GF / DF / SF 19.9  
served with basil pesto, smashed avo, tomato relish, shredded carrot, marinated feta and a poached egg
- BELGIAN WAFFLES** V 18.9  
crispy waffle stack, served with our house made seasonal berry compote, vanilla bean ice-cream and a dusting of cinnamon
- FORAGE OF MUSHROOMS** V / VE / GF / DF / SF 21.9  
creamy thyme & butter sautéed mushrooms with truffle oil on fresh spinach & sourdough toast. Add poached egg / 2
- SMASHED AVOCADO** V / VE / GF / DF / SF 19.9  
smashed avo with feta, beetroot hummus, dukkah, sweet corn, and a poached egg on pumpkin toast
- BENEDICTINE** V 20.9  
poached eggs, fresh spinach and slow cooked pulled beef with hollandaise sauce and paprika on a potato rosti stack
- GRAND BREAKFAST** GF / DF 23.9  
angus sausage, short cut bacon, baked beans, scrambled eggs and sauteed mushrooms on sourdough toast  
Add hash brown / 3.5
- PUMPKIN BLISS** V / VE / GF / DF / SF 19.9  
smashed pumpkin, fresh spinach, edamame, marinated feta, basil pesto and beetroot hummus on sourdough toast
- SIMPLY EGGS** V / GF / DF / SF 12.9  
poached, scrambled or fried on sourdough toast  
Add bacon / 4

**CLEAN EATING** until 2.00 pm

- CLEAN KETO** V / GF / DF / SF / KE 20.9  
poached eggs, cherry tomatoes, smashed avocado, edamame mixed greens, feta and smashed pumpkin. Add mushrooms / 5
- POWER PALEO** GF / DF / SF / KE / P 22.9  
smoked salmon, sauteed mushrooms, seasonal greens, fermented cabbage, smashed avocado & a poached egg

**PLANT BASED PLATES** until 2.00 pm

- TRUFFULA BURGER** V / VE / GF / DF 18.9  
basil pesto, spinach, vegan cheese, sauteed mushrooms, truffle oil and vegan mayo on a lightly toasted floured roll
- PLANTA BURGER** V / VE / GF / DF 18.9  
smashed avocado, lettuce, tomato, raw fermented cabbage, veggie burger patty, vegan cheese, vegan mayo and shredded carrot on a lightly toasted floured roll

**VEGAN BOWLS** until 2.00 pm

- NOURISH BOWL** V / VE / GF / DF 18.9  
golden falafels, pumpkin, mixed greens, fermented cabbage, vegan mayo, edamame, carrot and beetroot hummus
- COLLAGEN BOWL** V / VE / GF / DF / SF / KE / P 18.9  
toasted muesli, collagen infused coconut yoghurt, seasonal fruit and coconut shavings
- ACAI BOWL** V / VE / GF / DF / KE / P 18.9  
acai puree topped with toasted muesli, coconut flakes, chia seeds, peanut butter and seasonal fruit

Please advise us if you have any nut allergies  
Gluten free bread available upon request

**LUNCH** until 3 pm

- GRILLED REUBEN** 17.9  
slow cooked pulled beef, melted cheese, kraut, and spicy mayo on sourdough. Add optional Jalapenos for an extra kick!
- CHICKEN AVOCADO SANDWICH** 16.9  
poached chicken, whole egg mayo, fresh dill and a spread of smashed avocado on either fresh or toasted sourdough

• see display cabinet for additional lunch items •

**BREAKFAST SIDES**

**PROTEINS**

- extra egg / 2
- smoked salmon / 5
- angus sausage / 5
- falafel / 4
- bacon / 4
- baked beans / 3.5

**VEG, DAIRY & CARBS**

- spinach / 4
- cherry tomatoes / 4
- beetroot hummus / 4
- feta / 4
- extra toast / 1
- smashed avo / 4.5
- mushrooms / 5
- hash brown / 3.5

**SAUCES**

- hollandaise / 3
- BBQ or tomato / 2
- tomato relish / 3
- spicy mayo / 3

10% surcharge on week-ends  
these are passed on directly to our staff

- V Vegetarian option
- VE Vegan option
- GF Gluten Free option
- DF Dairy Free option
- SF Sugar Free
- KE Keto Friendly
- P Paleo Friendly

**LITTLE SPARROWS**

**KIDS MENU**

baby eggs on sourdough	9.50
banana bread	5.0
crustless cheesy toastie	7.5
baby smashed avo	9.5
unicorn waffle	11.5
baby hot chocolate	4.2

**REAL MILKSHAKES**

<b>NO NASTY SYRUPS</b>	7.5
Chocolate	
Strawberry	
Vanilla Bean	

**VEGAN LATTES**

Golden Latte	6.4
Matcha Latte	6.4
Prana Chai (Vegan)	6.4

**MORE**

Hot Chocolate	4.4
Mocha	4.9
Chai Latte	4.9
Dirty Chai	4.9

**POT OF TEA**

English Breakfast	5.4
Earl Grey	
Chai Tea	
Peppermint	
Green	

**SUPREME COFFEE**

<b>WHITE • BLACK</b>	4.4
Lactose free milk	0.5
Bonsoy milk	0.7
Almond milk	0.7
Coconut milk	0.7
Oat milk	0.7

**ICED COFFEES**

Cold Brew	5.7
Iced Latte	6.7
Iced Coffee	7.5
Iced Mocha	7.5
Iced Chai	7.9

**COLD PRESSED JUICES**

**ORANGE** V / VE / GF / DF / SF / P 10  
organic squeezed orange juice

**COLD FIGHTER** V / VE / GF / DF / SF / P 10  
apple, orange, celery, carrot, ginger

**GREEN CLEANSER** V / VE / GF / DF / SF / P 10  
apple, mint, cucumber, kale, lemon, coconut water

**MELON FRESH** V / VE / GF / DF / SF / P 10  
watermelon, strawberries, apple, mint, coconut water

**VEGAN SMOOTHIES**

**BANANA HEAVEN** V / VE / DF / GF / SF / P 10  
banana, coconut yoghurt, maple, coconut milk, cinnamon

**NUTRITION BOMB** V / VE / GF / DF / SF / P 10  
mixed berries, mango, banana, lemon, coconut water

**GOLDEN GLOW** V / VE / GF / DF / SF / P 10  
mango, banana, coconut yoghurt, coconut milk

**GOOD VIBES** V / VE / GF / DF / SF / P 10  
banana, espresso, maple, almond milk, cinnamon, peanut butter

**SUPERCHARGE YOUR SMOOTHIE**

◦ collagen / 2   ◦ pea protein / 2   ◦ peanut butter / 1  
◦ hemp / 2   ◦ spirulina / 2   ◦ activated charcoal / 1  
◦ acai / 3